

September 4 to December 31



# **About the Facility**

# **Mary T. Meagher Aquatic Center**

### 201 Reservoir Avenue Louisville KY 40206

phone 502/897-9949 502/897-2549

email parks@louisvilleky.gov web www.metro-parks.org

#### **Hours**

Monday through Friday, 5 a.m.-9 p.m. Saturday, 9 a.m.-6 p.m. Sunday, Noon-6 p.m.

#### **Facility and Park Amenities**

The facility includes:

- Olympic (50 meter) 11-lane competition swimming pool
- Therapy pool
- Weight room

Crescent Hill Park also has:

- Lighted tennis courts
- Crescent Hill Golf Course -9 holes
- · Louisville Water Company Reservoir-0.75 mile walking path

Programs offered by Metro Parks Aquatics include:

- Aqua aerobics
- Agua therapy classes
- Arthritis and deep water classes
- Birthday parties

est butterfly swimmer ever. For her feats she earned the nickname "Madame Butterfly." Meagher won three gold medals at the 1984 Olympics, in both butterfly events (100m and 200m) and in the 4x100m medley relay. In 1988, by then past her prime, she earned a bronze in the 200m butterfly and a silver in the medley 4x100m relay. Meagher would likely have won both events in 1980, had the United States not boycotted the Moscow

Mary T. Meagher is the great-



Olympics. She was world champion in 1982 over 100m and in 1986 over 200m. She set two world butterfly records over 100m, and five over 200m, beginning in 1979. Her performance at the 1981 U.S. Nationals remains her greatest effort, when she set world records of 57.93 for 100m, and 2:05.96 for 200m. These records, extremely dominant for their time, both lasted until 1999 before being broken. Her full name was Mary Terstegge Meagher, with her middle name derived from her mother's maiden name. Meagher was always known as Mary T. to differentiate her from a sister who later entered a convent, to literally become a sister, Sister Mary Glen.

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- Pre-competitive training
- Private swim lessons
- Swim lessons for all ages
- Dive-in movies

#### Staff

#### **Scott Risinger** scott.risinger@louisvilleky.gov Aquatics Manager (interim), Recreation Manager

**Kathleen Davis** kathleen.davis@louisvilleky.gov Aquatics Supervisor, swim lessons, aquatic classes

**Mike James Keith Smith** Yolanda Allen

Head Lifeguard • lifeguard, CPR and first aid training Head Lifeguard • lifeguard, CPR and first aid training **Susan Mahoney** Information Specialist • general questions

Administrative Clerk

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The mission of Louisville Metro Parks is to create a City of Parks where people can play, learn, grow and be healthy. The mission is accomplished by taking care of all parks properties and creating new ones, by providing safe and diverse recreational programs, and by protecting our public lands and resources for future generations.

# Facility Hours and Membership

# **Lap Swim and Weight Room**

Monday through Friday 5 a.m.-9 p.m.
Saturday 9 a.m.-6 p.m.
Sunday Noon-6 p.m.

### **Fall Recreational Swim**

Specified lanes may be used for non-lap swim during the following times:

**Monday through Friday** Noon-3:30 p.m. • 7-9 p.m. Friday only **Saturday & Sunday** Noon-6 p.m.

Those 9 and older must have an ID to enter the facility. IDs may be made at the Mary T. Meagher Aquatic Center during regular business hours. Cost is \$4. You must provide proof of name and address.

Children under 8 must be accompanied by a person 12 or older.

Please pick up a **monthly special event and schedule change flier** at the front desk. Therapy Pool open hours are on page 4.

### **Fees**

Children (3-12) \$2.25
Adults \$4.50
Therapy Pool Only \$3.25 (1 hour maximum per visit; you must have a doctor's consent form on file)
12-Visit Lap Swim/ \$48
Weight Room Punch Card

# **Membership Information**

<b>Monthly Pass</b>		Yearly Pass	
Individual	\$38.50	Individual	\$330
Family 3-Month Pass*	\$165	Family*	\$495
Senior Passes · Av	ailable to	patrons age 65 and older	
<b>Monthly Pass</b>		<b>Yearly Pass</b>	
Individual	\$35	Individual	\$300
Family 3-Month Pass*	\$150	Family*	\$450

<sup>\*</sup> Family members must all live in the same household

PLEASE CHECK POSTED LANE ASSIGNMENTS FOR LANE AVAILABILITY!

Patrons who pay the daily fees or have monthly/yearly passes may use the Weight Room.

Youths under the age of 15 must have direct supervision
by a parent or responsible adult when using weight equipment.

# **Holidays and Reduced Hours**

# **Swim Meets**

Limited lap lanes/limited parking

October 19, 20 & 21

# Closed

November 22 Thanksgiving
December 25 & 26 Christmas
January 1 New Year's Day

# **Reduced Hours**

November 23 9-5 p.m. December 24 9-5 p.m. December 31 9-5 p.m.

No Aqua Classes or Recreational Swim on October 19, 20 & 21.

See schedule change and closing fliers at the front desk for additional information.

# **Aqua Exercise**

# **Mondays, Wednesdays and Fridays**

7-8 a.m. Deep Water Class\*

8-9 a.m. Introduction to Deep Water / Deep Water Class (Monday & Wednesday only)\*

8-9 a.m. Aqua Exercise

9-10 a.m. Cardiac Class (Monday & Wednesday only)

9-10 a.m. Aqua Exercise 10-11 a.m. Aqua Exercise 11 a.m.-Noon Aqua Exercise

5:30-6:30 p.m. Aqua Exercise (Monday & Wednesday only) 6:30-7:30 p.m. Deep Water\* (Monday & Wednesday only)

# **Tuesdays and Thursdays**

7-8 a.m. M.S. and related conditions

8-9 a.m. Aqua Exercise

9-10 a.m. **Pre- and Post-Natal Class** (Thursday only)

9-10 a.m. Aqua Exercise 10-11 a.m. Aqua Exercise

11-11:30 a.m. Baby & Me Exercise (Thursday only)

\$2.25 per class. Swim with your infant while you exercise in the therapy pool.

11 a.m.-Noon Waterwalking

Noon-1 p.m. Yoga in Therapy Pool (Tuesday only)

# **Saturdays**

11 a.m.-Noon Deep Water\*
Noon-1 p.m. Aqua Exercise

### Sundays

12:30-1:30 p.m. Aqua Exercise

# REMEMBER TO LOCK YOUR LOCKER!!!

# Fees for Aqua Exercise Classes held in the Olympic Pool

If you purchase a monthly/yearly pass, the daily fee is \$2.25, or you may purchase a 12-visit Exercise Card for \$24. Monthly members may only purchase a maximum of 2 punch cards during their corresponding membership period.

If you do not purchase a monthly/yearly pass, the daily fee is \$4.50, or you may purchase a 12-visit Exercise Card for \$48.

You may take a second class on the same day for only \$1!

\*Participants must be comfortable in deep water.

# Therapy Pool Schedule

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7 a.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
8 a.m.	CLOSED	Low Impact	Open Time	Low Impact	Open Time	Low Impact	CLOSED
9 a.m.	CLOSED	Open Time	Open Time	Open Time	Open Time	Open Time	Swim Lessons
10 a.m.	CLOSED	Arthritis Class	Open Time	Arthritis Class	<b>10·Open Time</b> <i>10:30 Baby Splash</i>	Stroke Club	Swim Lessons
11 a.m.	CLOSED	Arthritis Class	Open Time	Arthritis Class	11 · Baby & Me 11:30 Baby Splash	Arthritis Class	Low Impact
Noon	Open Time	Arthritis Class	Yoga	Arthritis Class	Aqua Chi	Arthritis Class	Arthritis Class
1 p.m.	Open Time	Arthritis Class	Open Time <sup>†</sup>	Arthritis Class	Adapted Leisure	Arthritis Class	Open Time
2 p.m.	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time
3 p.m.	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time
4 p.m.	Open Time	Low Impact	Open Time	Low Impact	Open Time	Low Impact	Open Time
5 p.m.	Open Time	Warm Water Workout	Open Time	Warm Water Workout	Open Time	Warm Water Workout	Open Time
6 p.m.	CLOSED	Swim Lessons	Swim Lessons	Open Time <sup>†</sup>	Swim Lessons	Open Time	CLOSED
7 p.m.	CLOSED	Open Time	Open Time	Open Time	Adapted Leisure	Open Time	CLOSED
8 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

# Fees for Aqua Exercise Classes held in the Therapy Pool

If you purchase an Aquatic Center monthly, yearly or family pass, classes are free.

If you do not purchase an Aquatic Center monthly, yearly or family pass, classes are \$4 per day – or you may purchase a 12-visit Aqua Card for \$38.50.

All persons using the Therapy Pool must have a consent form signed by a doctor on file. Forms may be obtained at the front desk.

The Therapy Pool Schedule
The Therapy Pool will be closed on the last Sunday of each month for maintenance.

<sup>†</sup>Home of the Innocents aqua program on the first Tuesday and last Wednesday of each month.

# **Weekday Swim Lessons**

Weekday classes are offered in the afternoon and evening. Classes meet two times weekly, on Monday and Wednesday or Tuesday and Thursday. Register participants based on their ages and the skill levels listed on page 7. The levels taught in each session are indicated to the right, below.

### Preschool • 3 to 5 years

### Monday/Wednesday

Session I	Sept 10-Oct 3	All levels: 2-2:30 p.m., 2:45-3:15 p.m. and 3:30-4 p.m.
Session II	Oct 8-31	All levels: 2-2:30 p.m., 2:45-3:15 p.m. and 3:30-4 p.m.
Session III	Nov 5-Dec 5*	All levels: 2-2:30 p.m., 2:45-3:15 p.m. and 3:30-4 p.m.

### • Tuesday/Thursday

Session I	Sept 11-Oct 4	All levels: 6-6:30 p.m. and 6:35-7:05 p.m.
Session II	Oct 9-Nov 1	All levels: 6-6:30 p.m. and 6:35-7:05 p.m.
Session III	Nov 6-Dec 6*	All levels: 6-6:30 p.m. and 6:35-7:05 p.m.

Preschool classes focus on water adaptation, basic safety skills and beginning stages of swimming. Parents are spectators during these lessons. Until children are toilet trained they must wear tight-fitting swimsuits. Levels 1-3 taught.

# Grade School • 6 years and over

### • Tuesday/Thursday

Session I	Sept 11-Oct 4	Levels 1 & 2: 6 p.m.	Levels 2 & 3: 6:50 p.m.
Session II	Oct 9-Nov 1	Levels 1 & 2: 6 p.m.	Levels 2 & 3: 6:50 p.m.
Session III	Nov 6-Dec 6*	Levels 1 & 2: 6 p.m.	Levels 2 & 3: 6:50 p.m.

These classes teach youngsters the building blocks of the four basic swimming strokes (front crawl, backstroke, breaststroke and butterfly) as well as sidestroke and elementary backstroke in a progressive manner. See Red Cross levels on page 7 in order to place your child in an appropriate class. Levels 1-3 taught.

### Adult

### Tuesday/Thursday

Session I	Sept 11-Oct 4	All levels: 7:30 p.m.
Session II	Oct 9-Nov 1	All levels: 7:30 p.m.
Session III	Nov 6-Dec 6*	All levels: 7:30 p.m.

Instructors will work with adults of all ages and all abilities to develop goals and increase personal safety. Whether you are just learning to swim, are a little scared of the water, or are training for a triathlon our staff can help!

<sup>\*</sup> No classes held November 20 \$ 22.

# Saturday Swim Lessons

# **Saturday Lessons**

**Session I** September 8-November 3\*

Baby Splash9-9:30 a.m.Level IIIBaby Splash9:30-10 a.m.Level IIBaby Splash10-10:30 a.m.Level I

See next page for Baby Splash level descriptions.

 Preschool
 9-9:30 a.m.
 Levels I, II & III

 Preschool
 10:30-11 a.m.
 Levels I, II & III

 Grade School
 9:40-10:20 a.m.
 Levels I, II & III

 Grade School
 11:10-11:50 a.m.
 Levels I, II & III

 Adult
 Noon-12:40 p.m.
 All levels

#### ABOUT SWIM LESSONS . . .

Our staff utilizes the American Red Cross swim lesson program, which covers skills and knowledge in a logical progression of skill development levels, described below. Refer to the descriptions to determine preschool or grade school placement.

**Level I** Introduction to water skills. Getting comfortable with the face in the

water, floating and kicking on front and back.

**Level II** Fundamental aquatic skills. Begin independent performance of front

and back floats and glides, front and back crawl a short distance.

**Level III** Stroke development. Coordinate front and back crawl strokes, tread-

ing water, and introduce butterfly and diving.

**Level IV** Stroke improvement. Continue improvement and distance of front

and back crawl strokes and butterfly; begin breaststroke and elemen-

tary backstroke.

**Level V** Stroke refinement. Coordination and refinement of all strokes, (front

and back crawl, breaststroke, butterfly, elementary backstroke and

butterfly), flip turns are added to front and back crawl strokes.

**Level VI** Swimming and skill proficiency. Increased mastery of form and en-

durance in all strokes plus safety and rescue techniques.

### Registration

All classes require paid registration prior to participation and are on a first-come, first-served basis. Class size is limited to 6 students. Cash, check, Mastercard and Visa are accepted (driver's license number is required on checks or money orders). Checks should be made payable to Metro Parks. Payment must be made in person at the Mary T. Meagher Aquatic Center, 201 Reservoir Avenue, Louisville, KY 40206.

### **Discounts**

Patrons with monthly or yearly passes receive a \$5 discount for each swimmer. Register more than one family member at the regular price, for the same session, and receive a \$5 discount for each additional swimmer. For more information about these programs call Kathleen Davis at 502/897-9949, ext 23.

<sup>\*</sup>No classes held October 20.

# **Baby Splash**

The Baby Splash program is designed to give your child an introduction to the water and includes fundamental swimming and recovery skills. Until toilet trained, babies must wear tight-fitting swimsuits.

**Level 1** Parent and child together • An introduction to the water

**6-12 months** as well as swimming and recovery skills.

**Level 2** Parent and child together • Improve fundamental swimming and recovery skills. Level I prerequisite.

Level 3
Parent and child together • Improve fundamental swimming and recovery skills. Some independent swimming will occur. Level II prerequisite.

### • Mondays

Session I · September 10-October 29

**Session II** · November 5-December 17\* (six-week session)

Baby Splash 6-6:30 p.m. Level I 6:35-7:05 p.m. Level II

### Thursdays

Baby Splash I 10:30-11 a.m. Baby Splash II 11:30 a.m.-Noon

### Saturdays

Session I · September 8-November 3

Baby Splash 9-9:30 a.m. Level III Baby Splash 9:30-10 a.m. Level II Baby Splash 10-10:30 a.m. Level I

### **Swim Lesson Fees**

Preschool/Baby Splash \$45 Grade School/Adult \$50 Baby Splash Six-Week Session \$40\*

### Information

The Metro Parks Aquatics office is located at 201 Reservoir Avenue, between Frankfort Avenue and Brownsboro Road (see map on the back of this schedule). For additional program information, call Kathleen Davis at 502/897-9949.



<sup>\*</sup> No classes held November 19-22

# **Birthday Parties**

# AVAILABLE DURING RECREATIONAL SWIM HOURS!

Mary T. Meagher Aquatic Center will provide:

- Certified Lifeguards
- 1-meter Diving Boards
- Water Basketball
- Tables and Chairs

You may bring:

- Food
- Birthday cake
- · Decorations, etc.

Please do not bring:

Glass containers or confetti

### **Friday Parties**

The pool closes at 9 p.m., and all visitors are asked to be out of the facility by 9:15 p.m.

#### **Party Room**

7-9 p.m. • \$5/swimmer

#### **Deck Party**

7-9 p.m. • \$4/swimmer

# **Sunday Parties**

#### **Party Room**

1-3 p.m. • \$5/person

#### **Deck Party**

2-4 p.m. • \$4/swimmer

3-5 p.m. • \$4/swimmer



### **Saturday Parties**

Saturday parties are 2 hours only. Please have your area cleaned up no later than 15 minutes after your party has ended.

#### **Party Room**

Noon-2 p.m. • \$5/swimmer 3-5 p.m. • \$5/swimmer

#### **Deck Party**

Noon-2 p.m. • \$4/swimmer • 3-5 p.m. • \$4/swimmer

#### **Registration and Information**

Reservations must be made in person, and are on a first-come, first-served basis. All birthday parties require a non-refundable\$20 deposit which is due at the time you reserve the date. The deposit will be applied toward the final cost of your party. A non-refundable \$10 fee is assessed if you change the party's date. Cash, check, Mastercard and Visa are accepted (driver's licence number required on checks or money orders). Checks should be made payable to Metro Parks, and payment must be made in person at the Mary T. Meagher Aquatic Center, 201 Reservoir Avenue, Louisville KY 40206.

\*Children age 2 and under will be charged for reserved birthday parties.

# Pre-Competitive

# Lifeguard Training



This is a program to help children with the skills needed to participate on a swim team. Classes will emphasize competitive strokes, technique, starts, turns and finishes.

Saturdays, September 8-October 13 • \$50 per session

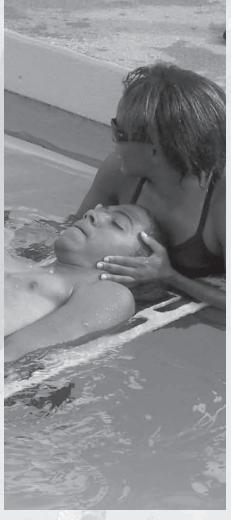
#### 6-8 years: 3-4 p.m.

Participants must be able to swim the length of the pool (25 meters), front crawl (freestyle), and back crawl (backstroke) with relative ease and comfort in deep water. Breaststroke and butterfly will be introduced. If swimmer can't comfortably swim the above, swim lessons are suggested.

#### 9-18 years: 4-5 p.m.

Participants must be able to swim 50 meters front crawl (freestyle), back crawl (backstroke), and 25 meters of breaststroke and butterfly. Participants will also work on starts, turns and finishes.

For additional information call Kathleen Davis at 502/897-9949 ext 23.



Look for more information about our Lifeguard Training courses and employment opportunities later this season!

# Dive-In Movie



January 3 • First show: doors open at Noon, preshow with Radio Disney from 12:15-1:15, movie at 1:15 p.m. Second show: doors open at 6:30, movie at 7 p.m.

Tame those holiday blahs and have some family fun - dive in and watch a favorite movie for free! Bring your float, swimsuit and towel, because we're gonna get wet.

Swimmers 8 and under must be with a chaperone of at least 18.

For more information or to make reservations for your group, call 502/897-9949.

